

## WOMAN SOLVES SECRET OF BREAD WITHOUT STARCH

Seventy-Year-Old Mrs. Lydia Cole Sharpless Wins the Boston Prize.

WORKS AT IT 12 YEARS. Invents a Method of Mixing Flour That Eliminates the Uncooked Starch.

A method of mixing bread which contains no uncooked raw starch has been invented by Mrs. Lydia Cole Sharpless of Philadelphia. Her discovery has been rewarded by the prize of the Women's Educational and Industrial Union of Boston for the best household labor-saving device designed by a woman. Mrs. Sharpless, who is now more than seventy, has been working on her idea for twelve years.

The importance of the discovery lies in the fact that uncooked starch is highly indigestible and is responsible for much indigestion and dangerous intestinal complications. Physicians frequently cut wheat bread off the diet lists of their patients. Ordinary bread contains 50 per cent. of uncooked starch.

Mrs. Sharpless was interested in the subject when her husband, who was indolently fond of wheat bread, was forbidden by his physician to eat it. She read all the books in the Philadelphia libraries which she thought would teach her to avoid the raw starch. She learned much of the chemistry of bread, but found no solution for her difficulty. She went to Boston and read all the books on the subject in the great Boston library.

GOT HER IDEA FROM A PAPER HANGER.

Microscopic studies of the black bread of the German peasants gave her a little start. Tough, sour and unpleasant looking such bread is very healthful. She found that it contained very little raw starch. But it was too unpalatable for her husband. A paperhanger gave her the real clue. He told her that he mixed his paste by stirring it quickly and then let it stand overnight before cooking it. Only so, he said, could he get the full "starchy value" of the flour he put in it. It is the cooked starch that puts the stick in paste. Mrs. Sharpless mixed a small quantity of dough by stirring it quickly, let it stand overnight and re-freining from kneading it.

The baked bread showed 50 per cent. of cooked starch, highly healthful and nutritious and very good to eat.

From this point she went on and de-



MRS. LYDIA COLE SHARPLESS

vised a mixing trough in which the flour was rapidly "cut into" the water, milk and yeast by a roller studded with knives. This showed results of bread with the uncooked starch in even smaller quantity than those of the new bread stirred with a spoon.

Mrs. Sharpless has dished a bakery in Philadelphia in which she has a machine which mixes the dough for fifty pounds of bread in three-quarters of a minute. For ten years since she got the first trace of her method she has been fighting for patents which have now been granted to her.

Dr. Weir Mitchell, Dr. James McAllister of the Drexel Institute, and Prof. E. T. Reichert of the University of Pennsylvania department of physiology, have all intimated the new bread is suitable for children and invalids and free from the objectionable qualities of ordinary wheat bread.

**AFTER HARRISON'S SEAT.** Fraud Charged in Election of New York Congressman.

WASHINGTON, Jan. 6.—Alleging fraud at the polls and in the count of votes from the Twenty-sixth and Twenty-eighth Assembly Districts in New York City, Judas H. Reiter, defeated Republican candidate for Congress, today filed a contest against the victor, Representative Francis Burton Harrison.

**Baker Teles to End Life.** Augustus Schilling, fifty-nine years old, a baker, living at No. 184 First avenue, was found unconscious in his room with a gas tube in his mouth and was taken to Bellevue Hospital a sinner.

**For Young or Old, Cough or Cold.** See Cough + Cough Drops, 5c per box, -Advt.

## FOR BETTER OR WORSE?

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### "Putting Up a Front" for the Neighbors Shatters Many a Promising Marriage

"Not Living for Others, but for Themselves; Not Aping Circumstances That Do Not Belong, Not 'Putting Up a Front,' but Saving Against Old Age and Doing the Best They Can With the Rest," a Recipe for Happy Marriage.

"Nine Out of Ten Girls Marry Men Whom a Servant Girl Would Have Sense Enough Not to Consider Seriously as Future Husbands," Writes "E. R. B."

BY NIXOLA GREELEY-SMITH.

"Not living for the neighbors, but for themselves; not aping circumstances that do not belong, not 'putting up a front,' but saving something against old age and doing the best they can with the rest."

Here is a recipe for the happy marriage by a husband who adds that he "feels like posing as the Only Wise Man."

There is abundant wisdom in his formula. When two persons who love each other are intelligent enough to live for themselves and not for the neighbors—and living for themselves means necessarily living for each other—they have come very near the secret of happiness. To-day many households, if conducted only in the interests of their members and without regard to the opinion of the block or the neighborhood, would be able to live far better than they do now and to save money. Much has been written about the type of family that puts a mortgage on its home in order to buy an automobile, but this is only one of many foolish ways of living for the eyes of others.

It is not difficult for a man and a woman to live for each other, if that is what they have married for, only so few persons achieve matrimony with such singleness of heart and purpose. Innumerable married couples are frankly bored by each other and only happy when they are surrounded by friends and neighbors. And naturally if it is necessary to depend for mental stimulus, amusement and recreation on persons outside the home, one has to propitiate those persons and live according to their standards rather than within the bounds set by comfort, convenience and economy.

In a happy marriage both husband and wife should be mentally self-supporting, that is, they should find in their own occupations and relaxations a living wage of happiness. If they do not they will have to buy happiness outside the home at the various seasonal gatherings of the community, and the price they will have to pay will be that of conformity to standards of morals, of staidity of conversation, of expenditure other than their own.

In concluding this discussion of the problems involved in the pledge for better or worse we can do better than to ponder these words of Stevenson:

**THE AWFULNESS OF MARRIAGE DESCRIBED.**

"Marriage is a step so grave and so decisive that it attracts little-headed, variable men by its very awfulness. They have been so tried among the inconstant squalls and currents, so often sailed for islands in the air or lain becalmed with burning heart, that they will risk all for solid ground beneath their feet. Desperate pilots, they run their ships against the rocks of the sea, and it seems as if marriage were the royal road through life, and realized, on the instant, what we have all dreamed on summer Sundays when the bells ring or at night when we cannot sleep for the desire of living. They think it will sober and change them like those who join a brotherhood, they fancy it needs but an act to be out of the coil and clamor forever. But this is a wife of the devil. To the end spring winds will sow discontent, passing faces leave a regret behind them, and the whole world keep calling and calling in their ears. For marriage is like life in this—that it is a field of battle and not a bed of roses."

The Evening World readers contribute the following last words:

**ADmits HE IS TOO COWARDLY TO MARRY.**

Dear Madam: As I understand, since you started your series of "For Better or Worse?" the kind of girls the Male Hiss Ribboners want must be intelligent, sensible, good cooks, housekeepers of grandma's period, laundresses by the day or week if necessary, fairly good looking, of proper age and, to fill up the bill, must go to them with civil service knowledge of modern, every day economy. Mind you, they must either possess these qualifications or show unmistakable evidence of their adaptability to learn as soon after the honeymoon as the male lords can afford to allow.

Now, really, I do not wish to be unsympathetic to your wailing bachelors, being one myself, but must say that some of the demands they put upon the girls they would marry show just as much sense as the "Twenty-five-Year-Old Kid Bachelor" in your to-day's article showed in his hunt for a girl to marry, in large and small places, as to call

"SHE HAS EAGLE EYES IN NOTICING REAL MERIT," SAYS "BACHELOR."



"HAPPINESS IS NOT THE ONLY THING SOUGHT IN MARRIAGE," WRITES "ONE OF THEM."

is in his own home he naturally drops some of the fun and grimaces with which he as a fiance entertained his girl in public—that is, in "smart" society. And then the wife thinks that she has been cheated, and only sees a brute and a beast in her chosen knight. Thus comes the divorce. And then a hunt for a man who can be smartly dissipated and a "gentleman" besides. The second divorce follows, and then the "victim" usually lives her "smart" life alone for the rest of her days.

signs most of her clothes, and has them made at home, she studies every rational economy, makes her home a grown-up "doll house," and her boy helps her. She has money in the bank, steadily increasing, and they carry two or three endowment policies, steadily maturing into cash, or insurance should either one die. She has studied her husband's trade, helps him with tangles in estimates, &c., and he says she could go out on the street and carry through any job he might have on hand. Surely, there is a baby.

Ten years married, happy as the day is long, still more important—content. Not living for the neighbors, but for themselves; not aping circumstances that do not belong, not "putting up a front," but saving something against old age and doing the best they can with the rest. They have prospered and are happy—thanks largely to the woman, but still more to the golden gift of content and the lack of envy. Both are highly educated, cultured, fond of high class music, literature, &c., but with little use for vulgarity or trash. There is no reason why a very fair percentage of married people should not be like them—if the woman will take the trouble.

**ONE OF THEM.**

On the way from Princeton to-day Paul F. Myers, President of the Woodrow Wilson Club of Princeton University, again talked with the Governor about the proposal that Princeton undergraduates take part in the inaugural parade. If the President-elect wanted a small escort, Mr. Myers suggested that only the senior class go; otherwise a thousand undergraduates could march.

"That's mighty good," commented Mr. Wilson. He added that he would write to Chairman Eustis of the Inaugural Committee to find out just what his powers were in the matter, and would communicate with the undergraduates as soon as possible.

Gov. Wilson telegraphed to-day to Democratic members of the Legislature, which convenes a week hence, to meet him to-morrow to discuss the election of a State Treasurer. The Governor issued a statement opening the choice of Edward I. Edwards, a banker, and favoring the selection of Edward E. Grosscup, Democratic State Chairman, in which he said:

"I am sincerely sorry that the matter should have been given the air of a contest. I entertain nothing but the warmest personal feeling toward Mr. Edwards. I feel that it is unwise and inexpedient, however, that a banker should be elected Treasurer of the State."

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Last Article of a Series

## YONKERS STRIKERS GET UNEXPECTED AID FROM POLICE

Nine Vehicles That Took Place of Trolleys Ordered to Stop Running.

The good folk of Yonkers who thought that their sufferings from the street car strike, which has been prevailing since the first of the year, could not be worse had an unhappy awakening to-day. Six big electric and three horse moving vans which have been carrying them three miles to the Van Cortlandt subway station were out of service.

The action of the New York police left one Vix, who has two sightseeing "buses," with a monopoly, and he promptly raised his prices from 15 cents a trip to 25 to Van Cortlandt station and 35 back to Yonkers. He adopted the idea that it was worth more to get home than to leave home in adjusting this schedule.

A meeting between Bernard Reardon, counsel for the Yonkers hackmen, and a number of citizens was held last night and to-day. Reardon called on Mayor Thomas Lennon and urged him to ask Mayor Gaynor to relax the Health Department rules in view of the emergency.

Mayor Lennon was reported to be at work on an answer to the letter he received from President Whitridge of the railway company Saturday, in which Mr. Whitridge said that he was unable to break the strike until the Yonkers council rescinded the ordinance forbidding the company to employ motormen or conductors unless they had given day's instruction on cars in Yonkers. Mayor Lennon was understood to be making a demand on Mr. Whitridge that he submit the grievances of the men to arbitration.

The trains of the Putnam division and main line of the New York Central were as overcrowded and irregular as last week, and many people, as they had last week, elected to stay at home rather than ride on them or take the three-mile walk to the subway.

F. W. Stevens, Chairman of the up-State Public Service Commission, wrote a sharp note to Mayor Lennon to-day asking what steps had been taken toward revoking the fifteen-day rule. The strikers are confident that they can hold the council in line and prevent the repeal of the ordinance.

**MORGAN GOING AWAY ON ANNUAL TRIP; WILL VISIT EGYPT AGAIN**

Booked to Sail on Adriatic To-morrow and May Go Direct to Alexandria.

J. Pierpont Morgan is booked to sail to-morrow on the Adriatic for Egypt. For many years he has left New York

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FRANCIS H. LEGGETT & COMPANY

about this time for a trip abroad, which usually takes him to the principal cities of the Continent, besides his usual stay at his house in London. Last year he did not return until Aug. 16.

It was just about a year ago that Mr. Morgan sailed for Egypt to see the progress of an expedition he had fitted out to make excavations near Khargeh in a search for Egyptian treasures.

His expedition unearthed the palace of the Egyptian Kings at Thebes, the ancient Christian cemetery in the oasis of Khargeh, and the temple of Darius I.,

which was finished by the Ptolemies Kings. Many fine treasures were uncovered.

The Adriatic is making a trip to the Mediterranean instead of her usual voyage, but it is not definitely known whether Mr. Morgan will land at Naples or continue about the steamer to Alexandria.

L. P. Callister Dead. PARIS, Jan. 6.—Louis Paul Callister, eminent physician and President of the Académie de France, died yesterday at the age of eighty years.



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